

# County Connection

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## Special points of interest:

- Offices Closed May 30th for Memorial Day.
- May 11th: Walking Wednesday's Kick-off
- May 26th: Benefits Fair
- Pay Day: May 27
- Pay Day: June 24

## Calendar of Events

### May

- 1 Nat'l Teacher Appreciation Week
- 2 Commissioners Meeting 6:30
- 5 Nat'l Day of Prayer
- 6 Nurse's Day
- 8 Mother's Day
- 11 Walking Wednesday's Kickoff
- 16 Commissioners Meeting 9:00 am
- 26 Benefits Fair 10am & 3pm (Memo coming soon)

### 30 Memorial Day

### June

- 5 World Environment Day
- 6 Commissioners Meeting 6:30
- 8 Ice Cream Day :)
- 14 Flag Day
- 19 Father's Day
- 20 Commissioners Meeting 9:00am
- 21 Summer Begins :)
- Lil' Known Holidays:**
- May 6: Beverage



Day

May 8: No Socks Day

June 3: Hug your cat day

June 4: Dog Appreciation Day

June 18: Go Fishing Day

## Welcome New Employees!!

Jean Robinson  
DSS

Judy Williamson  
Health

Woodrow Bigelow  
Inspections

John Loftis

Sheriff

Jim Rowell

Sheriff

Richard Cuppleman

Parks & Rec



## Walking Wednesdays



The Wellness Committee is implementing a new program for County Employees.

**Walking Wednesdays** is a program designed to help employees to stay healthy and exercise.

The program will run for six

weeks, beginning May 11th and ending June 15th. Employees will be able to walk the track at the Recreation Center from 11:30-1:30 pm each Wednesday. Walking teams can be formed consisting of 4-6 members. For those who are unable to walk during the designated time, you can walk on your own and give your walking log to Jennifer Eastwood at the Health Department or Nichole McLaughlin at the Historic Courthouse.

There will be small prize giveaways for participants. The top walking team or individual will receive a grand prize. The number of miles walked will determine the walking score.

Bring your walking shoes and come out to the **Walking Wednesday Kick-Off May 11th beginning at 11:30.**

Thanks to Jennifer Eastwood, Health Educator, for bringing us this wonderful idea.

## Government Benefits from GovBenefits.gov

What is GovBenefits.gov?

- A free website to find government benefits and assistance programs.
- Prescreens your eligibility for federal and state benefit programs.

Benefit Programs:

- Child Care/Child Support
- Disability Assistance
- Education/Training
- Grants/Scholarships/Fellowships

- Loans and Loan Repayment
- Many more

Visit [www.GovBenefits.gov](http://www.GovBenefits.gov) for more information.

Thanks to Dr. Moore for providing me with this information.

# Get Moving!

*Submitted By: Jennifer Eastwood, MPH*

Spring is in the air. And, with swimsuit season fast approaching, most of us are hoping to shed a few of those winter pounds.

Our first reaction is to “go on a diet.” During most diets, however, the body starves—losing water, fat, and muscle. Metabolism decreases as the body conserves energy to fight off the starvation it feels causing your body to burn fewer calories.

Yo-yo dieting, repeating weight-loss and weight-gain cycles, is harmful to your health. Usually after being on a “diet” for a little while, most people revert back to their old habits and gain the weight they had lost plus some extra. Gradual weight loss combined with regular exercise is the only way to go!

Physical activity is one of the easiest ways to speed up your metabolism, tone up your muscles, and lose weight. In fact, If you are overweight, 30 minutes of moderate activity a day can cause you to lose an extra 14 pounds per year. That is without any other changes in your diet or lifestyle.

Here are some things to remember as you begin to increase your physical activity.

- Be more active throughout the day. Park farther away from the building and take the stairs instead of waiting for the elevator. Also, simple things like taking a stretch break at various times during the day and standing up when you talk on the phone can help burn extra calories.
- Warm-up before exercising and cool-down afterwards. In other words start slowly and end slowly.
- Exercise with someone. A partner can keep you motivated and accountable.
- Vary your routine. Different activities can keep you from becoming bored with your workout and also keeps your body from getting use to your routine.
- As you get use to your workout, increase your intensity. For example if you walk, begin to carry light hand weights in each hand.
- Make sure you wear comfortable shoes that provide the proper support and comfortable clothes.

## Employee and Departmental News

- Loretta Nichols with the Health Department will have knee replacement surgery on both knees May 6th at NC Specialty Hospital in Durham.
- Congratulations to Home Health, who received their accreditation.
- Happy Birthday to Kaye Cobb!! From your secret pal.
- Danna Medlin is no longer employed with DSS. We wish her well in her new endeavors!! - MeLondy Yancey
- The Food Stamp unit received a certificate of award from the DSS board on April 19, 2005. It was for outstanding performance in the Quality Control Year Oct. 2003-Sept. 2004 for 100% accuracy rate. The unit members are Shirley Carroll, Jill Thompson, Jennifer Holt, Sherry Phelps, and MeLondy Yancey, supervisor.
- The Library received a matching grant from MetLife Foundation and Libraries for the Future to sponsor the program "Get Real Get Fit". Janie Bason attending training in NY and has implemented the program. The program will continue until the next calendar year (May 2005-April 2006). On May 5, Janie will be at the Health Dept. presenting the program and pre-registration is required. Seating is limited to 12 people.
- The Library Summer Reading Program will be held on May 5, June 2, June 9, June 16, June 23, June 30, July 7, and July 14.
- The Board of Commissioners Meetings has changed to the following schedule: 1st Monday at 6:30 pm and 3rd Monday at 9:00 am

## Employee Birthdays

### May Birthdays

Gaither Clayton	EMS
Kaye Cobb	Health
Tom Edmonds	Econ.
Spencer Farrish	Insp.
Mable Gunter	Jail
Jennifer Holt	DSS
Terri Hyatt	CDOT
Ricardo Johnson	Rec.
Derrick Miles	EMS
Derek Moore	Sheriff
Sherry Phelps	DSS
Donna Pointer	Senior
Amber Shelton	DSS
Dallas Stephens	Sheriff
Harry Watlington	Lake
Michael Wilkins	Jail
Whitney Williams	Rec.

Jo Wilson

### June Birthdays

Brandi Boaz
Della Brown
Mike Cusimano
Sherri Desormeaux
Brody Dixon
Sharon Ferguson
Katina Graves
Herbert Hagood
Garland Halbrook
Nate Hall
Waymon Harrelson
Marthann Hooper
Bernard Jefferys
Sylvia Johnson
Evelyn Massey
Jonathan Miles

Sheriff

Coop.
Health
Planning
Deeds
Health
Health
Finance
Lake
Sheriff
Gov. Body
Rec.
Health
CDOT
Tax
DSS
EMS

Patricia Mise

David Myers
Patricia Poteat
Loraine Pruitt
Jean Robinson
David Shatterly
Bob Shaver
Lynn Simpson
Sharon Southern
Lorraine Snyder
Kevin Vernon
Brenda Walters
Jillian Watlington
Lisa Webster
Kathy Zimmerman

DSS

Rec.
Library
Library
DSS
DSS
Admin
DSS
CDOT
Nutrition
EMS
Health
Rec.
DSS
DSS